DEVILED EGGS
A HEALTHY TAKE ON A CLASSIC PICNIC STAPLE {page 15}

TOP SECRET
DANIEL CRAIG, RACHEL WEISZ GET HITCHED {page 13}

VANCOUVER metro®
Monday, June 27, 2011
www.metronews.ca
News worth sharing.

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PHYLICIA TORREVILLAS/FOR METRO

▶ Anika Mahmud, a member of the University of B.C.'s Bangladesh Students' Association, speaks at a rally for Rumana Monzur at the Vancouver Art Gallery yesterday.

UBC backs assaulted student

▶ Hundreds come together to raise funds and awareness for domestic violence victim ▶ Bangladeshi student group willing to help Rumana Monzur finish her thesis

PHYLICIA TORREVILLAS
VANCOUVER@METRONEWS.CA

Friends and supporters of a University of B.C. student who was allegedly blinded and beaten by her husband on a trip home to Bangladesh came together to raise funds for her medical costs and call for justice for domestic violence victims.

Rumana Monzur had been completing her master's degree at UBC. During a visit to her family last month, her husband is alleged to have gouged out her eyes and bitten her nose in front of their five-year-old daughter.

Sarah Meli, Monzur's friend at UBC, said she spoke to Monzur once on the phone after the attack.

"She sounded terribly scared," Meli said. "It's so different from the Rumana I know. (But) she's one strong lady. I have no doubt she will get through this, be a hero and get back on her two feet."

Anika Mahmud, a member of UBC's Bangladesh Students' Association, said they are doing everything to help Monzur.

"Whatever support she needs for her to come back to her normal life, like finishing her thesis, we are planning to give all the support so she can adapt," she said.

UBC has created a website (rumana.givecentre.com) where people can donate.

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Woman dead after hit-and-run

The Vancouver Police Department is calling for the driver in an alleged hit-and-run that left a 30-year-old woman dead to accept responsibility and turn himself in.

Witnesses told police that a car hit a pedestrian near the intersection of East Hastings and Jackson Avenue around 4:10 a.m. on Saturday.

The driver apparently stopped after the collision but left before he could be identified.

The woman remained in the street until medical help arrived to rush her to hospital, but she succumbed to her injuries around 8:30 a.m. Police are not releasing her identity until next of kin are notified.

"The combination of evidence left in the roadway and good eyewitness accounts led to the identification of the make and model of suspect vehicle early on," said VPD Const. Jana McGuinness.

"This is a big break for investigators working on this tragic case," he added.

The driver was described as a white male between 25 and 35 years old with dirty blond hair, accompanied by a female passenger of about the same age.

The suspect vehicle is a black 2010 Lexus IS 350 convertible with damage to the front end.

Another man was sent to hospital in critical condition after being hit by a car just three blocks away yesterday morning, but the incident appears unrelated.

Vancouver's traffic deaths this year already outnumber 2010's total.

DAVID PROCTOR

Healing and prayer after riots

Christ Church Cathedral hosts community discussion Prayer and smudging seek to foster healing

DAVID PROCTOR
VANCOUVER@METRONEWS.CA

Several downtown Catholic communities and Coast Salish representatives joined forces yesterday to promote healing following the Stanley Cup riots.

The event began with a town hall meeting at the Christ Church Cathedral, where the public was invited to discuss their feelings about the riots in a supportive setting.

Ross Bliss, a parishioner at St. Paul's, had the original idea for the gathering.

"The real goal, if anything, was to let people get together and express themselves," he said. "What we knew was that a community conversation needed to happen, (and) we just wanted to facilitate that."

Later, First Nations drummers led participants to the Cambie Street parking lot where the group prayed and held a smudging ceremony over the marks left by two torched police cars.

"We have to be honest with ourselves about the fact that it isn't always inherent within us to be good," concluded Bliss.

Call for inquiry

- Coun. Suzanne Anton will ask Vancouver city council to conduct its own inquiry into the riots tomorrow.
- The mayoral candidate says that a municipal review will force the city to look at its own operations and allow for public consultation.

DAVID PROCTOR/FOR METRO

▶ Ross Bliss summarizes the post-riot feelings of some community members he spoke to at Christ Church Cathedral in Vancouver yesterday.

1 news

After the arrest of Whitey Bulger, experts say the Mob is barely surviving with 'old men in diapers' in charge. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

Skittish investors keep a wary eye on crucial Greek austerity vote as markets prepare to open. Video at metronews.ca

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Drinking, eating, dancing abounds on Greek Day

TERRIS SCHNEIDER/FOR METRO

▶ A couple does a traditional dance yesterday at Greek Day celebrations in Kitsilano.

The smell of souvlaki had crowds lining up and down the block yesterday at Vancouver's 21st annual Greek Day in Kitsilano.

Peter Capadouca, the event manager for Greek Day, set the tone for the day when he urged everyone to enjoy the party.

"The Greek cultural stuff happened in May. Now's the time to drink, eat and dance!"

And drink, eat and dance they did, at such venues as the Boutari Wines Cooking Tent, the Athenian Market Place Agora and the L&M Never on Sunday Musical Café.

The opening ceremony took place at the Krinos Main Stage with an appearance by Premier Christy Clark and Vancouver Mayor Gregor Robertson.

Organizer Jenny Siormanolakis made a memorable speech by acknowledging an email she had received urging the festival to be more environmentally friendly. Siormanolakis took the suggestion to heart and teamed with Smithrite Disposal & Recycling to make the festival greener.

Greek Day is the last in a series of annual events celebrating Greek culture in Vancouver.

TERRIS SCHNEIDER

DARRYL DYCK/THE CANADIAN PRESS

▶ Betty Fox's youngest son, Darrell, embraces her granddaughter on Saturday after the funeral for his mother in Port Coquitlam, B.C.

Betty Fox honoured in death as in life

Remembered as woman who kept Terry's legacy alive Youngest son pays tribute at memorial

Darrell Fox still remembers the lessons he learned from his mother, Betty, as he grew up in the family home in Port Coquitlam, B.C.

Stand up for yourself. Fight for what you believe. Give generously.

They are lessons, says Darrell, that explain the way his brother Terry responded to a bone-cancer diagnosis that took one of his legs in 1977, setting him on the path of his extraordinary Marathon of Hope three years later.

And they are lessons that explain why Betty Fox fought to keep that marathon alive for more than three decades after her son's death in 1981.

"We were taught early on to defend ourselves and to argue to the bitter end, whether we were right or wrong," Darrell Fox recalled Saturday at a funeral for his mother in a small church not far from his childhood home.

Betty Fox died this month at the age of 73 of an undisclosed illness, leaving behind an international legacy that includes annual runs in her son's name and a foundation that has raised more than half a billion dollars for cancer research.

Hundreds gathered at Trinity United Church in Port Coquitlam, and at an overflow site at a nearby recreation centre, to celebrate Betty's life — as a tireless advocate and a caring wife, sister, mother and grandmother.

"Betty's intuition was critical in protecting Terry's vision ... protecting Terry's grassroots ideals, rejecting the quick money of corporate sponsorship," Darrell said.

"Life moves forward and so will we. Mom knew this also. (Her and Terry's legacy) will be carried by those who will not rest until the Marathon of Hope reaches the Pacific Coast and cancer is defeated."

THE CANADIAN PRESS

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New Delhi go-getter persists to overcome newcomer hurdles

The path to success looked smooth to Avnish Soni and his wife Pinki when they attended a New Delhi seminar about emigrating to Canada. Unfortunately, no one could anticipate the global economic crisis that greeted them in British Columbia in early 2009. Today, through personal persistence – and support from Scotiabank – the couple are progressing towards their goals.

Back at the 2008 seminar sponsored by Scotiabank, the Soni family was excited about moving to Canada. Bank representatives explained financial services to help them get established in their new country, and Avnish, an MBA-trained branch manager at one of India's largest banks, was excited by the prospect of seeking work at the Canadian bank.

"I'm a go-getter and I liked how Scotiabank was proactive in sharing settlement information and pre-arranging banking and credit services," recalls Avnish, referring to the ***Scotiabank StartRight***® Program[1] for Newcomers, which includes a free day-to-day bank account for one year[2], a wide range of VISA* card options[3] and a number of other customized services and benefits. "I decided to make Canada's most international bank the first target in my job search."

On arrival in Surrey, BC, the experienced banker was pleasantly surprised when the Scotiabank Branch Manager emerged from his office to welcome the couple and their two daughters. "I was astonished by the friendly service and how our account and debit cards were waiting for us, as promised in New Delhi," says Avnish, who adds that his unsecured VISA credit card was ready within a week.

While the weak economy challenged the Sonis' immediate career hopes, the Scotiabank Branch Manager accepted Avnish's resumé and offered career tips. Pinki applied her teaching degree as a tutor.

"We stayed positive and kept working at it," notes Avnish, who worked odd jobs while he studied for his mutual funds license, joined professional associations and often visited the Scotiabank branch to keep in touch. His determination paid off when 18 months later, he was hired into the Bank training program.

Recently promoted to Senior Personal Banking Officer at Scotiabank's suburban White Rock Branch, Avnish is eager to dispense tips on personal finance, government services and career-building. "A newcomer has many fears of the unknown, and my goal is to be their friend who is a banker, showing them how to lower expenses, manage credit and learn how Canada works."

Career-wise, Avnish tells newcomers to stick with their goals, despite the hurdles. "Take a job to put food on the table, but don't lose focus on what you want to do. Work on your language skills, learn about job market expectations and see how you can add value," he says.

Perseverance also helps newcomers reach financial goals. "It's never too early to start a financial plan, and I guide newcomers on ways to start saving for a home or any goal. For my family and me, our journey has just begun, but we've got something to aim for and that's why we came here."

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Scotiabank's Avnish Soni says persistence can help newcomers reach their goals.

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Building a gender-neutral society

Breaking down gender roles is a core mission in Sweden's preschool curriculum Not everyone on board

At the Egalia preschool in Stockholm, staff avoid using words like "him" or "her" and address the 33 kids as "friends" rather than girls and boys.

From the colour and placement of toys to the choice of books, every detail has been carefully planned to make sure the children don't fall into gender stereotypes.

"Society expects girls to be girly, nice and pretty, and boys to be manly, rough and outgoing," says Jenny Johnsson, a 31-year-old teacher. "Egalia gives them a fantastic opportunity to be whoever they want to be."

The preschool is among the most radical examples of Sweden's efforts to engineer equality between the sexes from childhood onward. THE ASSOCIATED PRESS

Too far?

- Some parents worry things have gone too far. An obsession with obliterating gender roles, they say, could make the children confused and ill-prepared to face the world outside kindergarten.
- "Different gender roles aren't problematic as long as they are equally valued," says Tanja Bergkvist, a 37-year-old blogger and a leading voice against what she calls "gender madness" in Sweden.
- Those bent on shattering gender roles "say there's a hierarchy where everything that boys do is given higher value, but I wonder who decides that it has higher value," she says. "Why is there higher value in playing with cars?"

FREDRIK SANDBERG/SCANPIX SWEDEN/THE ASSOCIATED PRESS

▶ In this file photo, children play in the garden of Egalia, a Swedish preschool aiming at gender stereotypes, in Stockholm on June 20. The taxpayer-funded school opened last year in the liberal Sodermalm district for kids aged one to six.

Will a Calgary teen be the youngest space traveller?

A Canadian teen could become the youngest person ever to go into space.

The 17-year-old Calgary boy is among hundreds of space tourists who have already reserved their place for a flight into the cosmos.

So far, 440 individuals have paid deposits for trips aboard billionaire Sir Richard Branson's Virgin Galactic spaceships and are waiting for final tests to be completed.

Virgin Galactic won't fly anyone under 18. Travel agent Michael Broadhurst says it could be another year or two before the teen, who will be accompanied by a parent, will actually fly.

The Space Today website says Russian cosmonaut Gherman Titov was the youngest person ever to go to orbit at the age of 25. THE CANADIAN PRESS

Senate ends postal lockout

Mail could be moving again by tomorrow following speedy Senate approval of government legislation ordering locked-out Canada Post workers back to their jobs.

During a rare Sunday sitting, senators vigorously debated — but ultimately approved — a bill that sets the stage for resumption of mail service. THE CANADIAN PRESS

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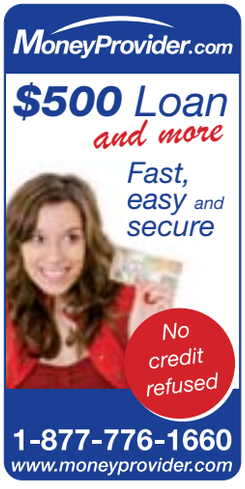
Obama backs bots

U.S. President Barack Obama says technological innovations such as robots can boost jobs and spur growth in clean energy and manufacturing. The plan would re-ignite manufacturing with an emphasis on new research and technology.

THE CANADIAN PRESS



Grads pressured to work for free

Unpaid internships have taken the place of entry-level jobs Some positions illegal, experts say

Young Canadians eager to launch their careers say they're under mounting pressure to take unpaid internships that promise valuable experience and a foot in the door but rarely lead to permanent work.

Unpaid internships are replacing entry-level jobs, experts say, propelled in part by a recession.

But some of these positions are illegal, says Andrew Langille, an employment lawyer in Toronto who has researched labour standards and case law related to internships, because interns are doing work typically performed by paid employees, he says.

Companies offering unpaid internships say they're part of a sweeping shift in workplace culture, one that rewards hungry workers willing to go above and beyond their job descriptions.

HANDOUT/THE CANADIAN PRESS

▶ Heather Bellingham, 26, has held a string of unpaid internships.

But many young grads, while willing to pay their dues at the office, say they can't afford to work for free, particularly while saddled with student loans.

"There's people who say young people expect everything right now, they want this great-paying job," says Heather Bellingham, a 26-year-old from Oshawa, Ont., who has held a string of unpaid internships since graduating from a film and television college program.

"I don't expect a lot — I would love minimum wage."

THE CANADIAN PRESS

Bail. Out?

▶ A BlackBerry is used to take a photo of the Taj Mahal on Oct. 14, 2010, in Agra, India.

RYAN REMIORZ/THE CANADIAN PRESS

RIM still in motion?

Veteran software developers believe there is no reason to bail on the embattled Canadian company, Research in Motion.

Hacker group folds

A publicity-seeking hacker group that has left a trail of sabotaged websites, including attacks on law enforcement and releases of private data, says it is dissolving itself.

Lulz Security made its announcement through its Twitter account. It gave no reason for the disbandment, but it could be a sign of nerves in the face of law enforcement investigations. LulzSec claimed hacks on major entertainment companies and organizations.

THE ASSOCIATED PRESS

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Greece told to cut

Germany's Finance Minister Wolfgang Schaeuble warned yesterday that Greece will not receive its next tranche of international aid unless its parliament passes a fresh austerity package this week.

At the same time, Schaeuble said he was "confident" that a majority of Greek legislators would pass the next raft of spending cuts and tax hikes.

Greek legislators are to vote Wednesday on a $39.8-billion US midterm austerity plan and an implementation law.

THE CANADIAN PRESS

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ON THE 12TH DAY, THEY PASS THE BUCK

URBAN COMPASS

PAUL SULLIVAN
METRO VANCOUVER

It's Hockey Riot Day 12 and the blame game continues.

The heat is on Mayor Gregor Robertson and Police Chief Jim Chu. If they aren't responsible for public safety, who is? And if public safety fails, as it certainly did on the night of June 15, do they take the blame? And what does "taking the blame" mean? A public apology? Falling on your sword? Desperately casting about for someone else to take the fall?

Well, for Chu and Robertson so far, it's been door number three.

Both blamed anarchists for inciting the riot. Sorry, said the anarchists, it wasn't us. No self-respecting anarchist would trash a bookstore the way the rioters went after Chapters.

"If I were the mayor, I'd then promise the people of Vancouver to stop all the mad-scientist social experiments for a while. "

OK, Chu and Robertson then blamed hooligans, also known as "not real hockey fans." The problem with that was obvious to anyone who watched people dressed in expensive hockey jerseys set cars on fire, smash windows, loot stores and take cool photos of each other.

Could be anarchists posing as hockey fans. Clever anarchists.

As potential scapegoats were disqualified one by one, the wolves began to circle Chu, who doesn't look good. At one point he tried to discredit the guy who helped write the 1994 riot report (which, apparently, went unread at city hall), and has been playing coy with the number of officers assigned before Game 7 and the subsequent riot.

Robertson, meanwhile, has apparently decided to become the victim in all of this. ("No, the police chief won't tell me the number of officers, but I'm sure Chief Chu knows what he's doing and the buck stops here," etc.)

If I were Chief Chu, I'd start updating my resumé.

I'd like to sympathize with the chief and the mayor, but I sympathize more with the poor people at Blenz Coffee, in the epicentre of the riot, who spent hours huddling in the back room in fear of their lives while the anarchists/hooligans/hockey fans trashed and looted the store and no one came to help.

I'd be more sympathetic if both the chief and the mayor apologized to those people for putting them in harm's way. If I were the mayor, I'd then promise the people of Vancouver to stop all the mad-scientist social experiments for a while to concentrate on good governance and public safety, which may not be as much fun as inviting huge mobs to clog the streets but they are the bases for a civilized democracy.

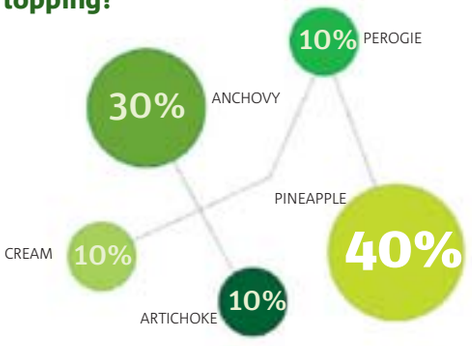
Then I'd stop letting the wolves chew on the chief and let everyone know that by generating a huge mob and tempting the fates on a historic, emotionally charged day and then failing to plan for the inevitable, I let everyone down.

Who knows — if he did that, he might even get re-elected.

metro life panel

Register at metrolifepanel.ca and take the quick poll

What's the most underrated pizza topping?



Local tweets

- **@iamsas:** Christine Sinclair breaks her nose; stays in game despite doctors' advice; goes on to score Canada's first goal of the world cup. #mynewhero
- **@bcgadgetguru:** #vancouver #positivity No more riot posts please! So done with the social media witch-hunt. Next Vancouver topic?
- **@tlmarshall65:** Super sunny & all around beautiful day in #Vancouver! Finally #summer has arrived! Hope it stays for more than a day or two...
- **@MayorGregor:** Headed to Greek Day on Broadway and Carnaval del Sol on Granville dtown. Food, music, culture, sunshine!
- **@karlalzner:** Congrats to Ryan Nugent-hopkins. Good Burnaby boy. Burnaby Winter Club is proud! #Ryannugent-hopkins (Burnaby-born Washington Capitals defencemen on NHL's No. 1 pick)
- **@PinkTec:** So who's beaching it in #Vancouver? Great to see the glorious sun today! Have a wonderful day!! :))

Worth Mentioning

UNIVERSE. NASA says a newly discovered asteroid will have a close encounter with Earth today, but there's no need to worry.

The space agency's Near-Earth Object Program Office says the small space rock — dubbed 2011 MD — will pass 12,000 kilometres above Earth's surface over the southern Atlantic Ocean at about 6:30 a.m. PDT.

Though it will come close, it's not a distance record holder.

Earlier this year, a tiny asteroid flew by even closer — within 5,500 kilometres.

The International Business Times reported that 2011 MD will be the fifth-closest asteroid to graze past Earth.

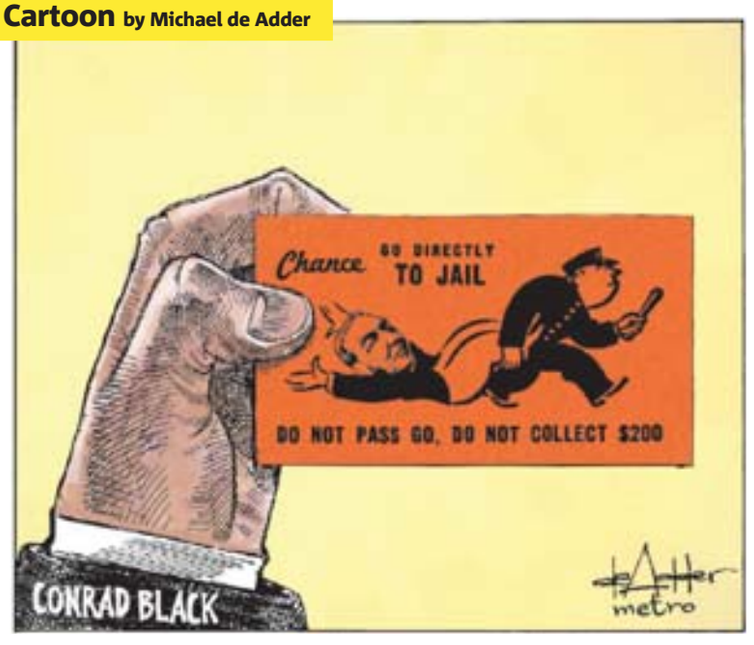
The latest asteroid measures 10 metres long and was discovered last week by telescopes in New Mexico.

Scientists say asteroids this size sail past Earth every six years.

The asteroid will briefly be bright enough that medium-size telescopes may be able to spot it.

THE ASSOCIATED PRESS

Cartoon by Michael de Adder



WEIRD NEWS

The award for world's ugliest dog goes to...

Yoda's short tufts of hair, protruding tongue, and long, seemingly hairless legs were enough to earn it the World's Ugliest Dog title at a Northern California fair.

The 14-year-old Chinese crested and Chihuahua mix won the honour Friday at the 23rd annual contest at the Sonoma Marin Fair.

Owner Terry Schumacher of Hanford, Calif., says the two-pound dog has come a long way since she was found abandoned behind an apartment building. Schumacher says she first thought the pooch was a rat.

Yoda's distinction comes a year after a one-eyed Chihuahua named Princess Abby claimed victory. A pedigree Chinese crested won in 2008 and another Chinese crested and Chihuahua mix was the ugliest in 2007.

In past years, the winner's owner received $1,000. THE ASSOCIATED PRESS

NOAH BERGER/THE ASSOCIATED PRESS

▶ Yoda

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2 scene

ANDREI SVITAILO / METRO MOSCOW

▶ The cast of Transformers: Dark of the Moon pose for a photo to promote the release of the third installment of the popular film series.

Film director in Moscow — to spite his grandpa

Director jokes he has an old family feud to settle in the Russian capital ahead of the world premiere of Transformers: Dark of the Moon

ALYONA ZHIRIKOVA
SCENE@METRONEWS.CA
METRO WORLD NEWS IN MOSCOW

Russian movie fans were the first to see the third installment of the Transformers franchise — Transformers: Dark of the Moon — a glammed-up, red carpet world premiere which opened the 33rd Moscow International Film Festival.

Stars from the $200-million, high-octane 3D extravaganza gleefully soaked up the dizzying ambience of the Russian capital's cityspace, from the rooftop of the Ritz Carlton Hotel overlooking Red Square and the Kremlin, especially Michael Bay.

"You know, my granddad was from Russia," the 46-yeard-old director of the series confessed to reporters. "My granddad always said nothing good would come out of me and that all my life I'd work as a PE teacher. And so to spite him, I am holding the premiere in Moscow."

At the global press junket it was the irresistible John Malkovich who received the most attention from the Russian press; Malkovich has registered a stream of visits to the country that he almost considered a part of Russia's movie stardom. This time, the 57-year-old arrived in the company of a certain lady and two children.

"What will you show your kids in Moscow?" one reporter asked. Malkovich laughed off the question, preferring not to reveal too many secrets. "I didn't know that my kids were here," he said with a wry smile. "But if you see them around in the city, please tell them to urgently call me!"

But the Muscovite media circus wasn't done with their quizzing. Everyone was interested to know if Bay was not afraid in shooting the third Transformers movie, after the second had been labeled worst movie of the year in many circles. "I find this particular question offensive, but nevertheless, I will thrive to answer it," Bay began. "Millions flocked to the theatres to see the second movie — not bad for the 'worst movie of the year,' right?"

Then Bay parries the question. "It's interesting — will the 'best movie of the year' be able to brag about something similar? As for the third movie, thanks to many innovations, has in my view turned out to be even better."

Box office

Pixar Animation remains undefeated at the box office. Disney's sequel Cars 2 cruised to a No. 1 finish, with a $68 million opening weekend. That means a 12-row win for Pixar since '95s Toy Story. Cars 2 nearly matched the $68.1 million debut of Disney-Pixar's Up, but fell behind the $110.3-million record for last year's Toy Story 3.

THE ASSOCIATED PRESS

La Toya Jackson says Michael feared he'd be killed over his catalogue. Scan this code or visit metronews.ca/scene for more news.

Fox fight

▶ Huntington-Whiteley

- **Transformers 3 marks the** cinematic debut for British model Rosie Huntington-Whiteley of Victoria's Secret lingerie.
- **She replaces Megan Fox** as Shia LaBeouf's love interest.
- **Of the duo, LaBeouf** says "Megan and Rosie are completely different. I like them both. We miss Megan, but with Rosie we have a completely different role, and she has handled herself excellently!"
- **Huntington-Whiteley says** she was thrilled to get the role. "I was ecstatic when they invited me to play in the movie. Everyone there was simply wonderful! They all helped so much!"

Bond star weds Rachel Weisz in secret ceremony

The British actors had been quietly dating since last November
The pair play a married couple in the unreleased film Dream House

ALL PHOTOS GETTY IMAGES

▶ Daniel Craig

Daniel Craig and Rachel Weisz reportedly tied the knot last week in a super-secret wedding, according to People magazine.

The stars' hush-hush ceremony in New York City was attended by just four guests, including Craig's 18-year-old daughter and Weisz's 4-year-old son.

The pair has never spoken publicly about their relationship, though rumours of their romance began shortly after Weisz's split from Black Swan director Darren Aronovsky last November. METRO

Clooney called off romance

George Clooney was reportedly the one who put a stop to his relationship with Elisabetta Canalis, according to Canalis' pal, Che editor Alfonso Signorini.

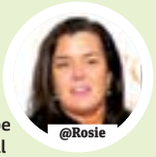
"From what I know it was him who dumped her and she stormed out of the villa. I've tried to get her on the telephone but it's switched off," Signorini said in an interview on Italian TV show Rai Uno last week.

▶ Elisabetta Canalis and George Clooney

"It has come as a real surprise to me. They were getting on really well." METRO

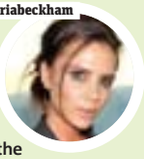
Celebrity tweets

Today, Rosie O'Donnell is worried and Victoria Beckham knows how to have a good time.


@Rosie

"signs u may not be doing well — ur shrink hugs u for a long time after ur session"

@victoriabeckham



"We took the boys to see Sing Along Grease at the Hollywood Bowl, it was AMAZING!!!!!!"

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A new study shows

92%

of working moms feel overwhelmed by their responsibilities, while 89 per cent of stay-at-home moms feel the same. Almost 30 per cent said they do all household chores. ForbesWoman and thebump.com conducted the study. MWN

Trivial trinkets or just reward: Should new moms expect push presents?

Stressed & pregnant

As the pregnant wife of disgraced U.S. congressman Anthony Weiner, Huma Abedin has had a long few weeks It got us wondering: How does extreme stress affect one's baby-to-be?

THINKSTOCK.COM

When pregnant, how much stress is too much?

SAM CASTONE
LIFE@METRONEWS.CA

METRO WORLD NEWS

U.S. congressman Anthony Weiner recently resigned from office after sending lewd comments and photos to young women — and lying about it after getting caught by the press.

It was a shocking fall for a brash but effective politician — shocking more so because his wife, Huma Abedin, an aide to Secretary of State Hillary Rodham Clinton, is reportedly in the early stages of pregnancy.

As parents, we wondered what affect the ongoing stress of a scandal might have on her baby.

All the mom-to-be books say you should try to reduce stress during the nine months.

"Extreme stress in pregnancy can lead to preterm delivery and low birth weight babies. And there may even be some evidence that it can lead to miscarriage."

DR. ARI BROWN, PEDIATRICIAN AND CO-AUTHOR OF EXPECTING 411

"It takes extreme amounts of stress to affect a pregnancy," says Dr. Ari Brown, a pediatrician and co-author of Expecting 411. "By extreme, this means divorce, death of a family member, major financial disaster or loss of home by fire. The day-to-day stresses of a job or home life that most of us experience is not enough to worry about."

Depending on your perspective, Weiner's behaviour might fall into the "extreme" category.

"We all process stressful situations differently," says Brown. "In the case of this particular situation, it is surely stressful for any pregnant woman to endure the emotional infidelity of her husband both privately and publicly.

"But, it would only be pure speculation how the two of them are handling this in the context of their relationship. And, frankly, it is none of our business!"

"What we do know medically," Brown continues, "is that extreme stress in pregnancy can lead to preterm delivery and low birth weight babies. And there may even be some evidence that it can lead to miscarriage."

One study in 2008 showed there might be a link between maternal stress and schizophrenia later in life.

"Stress increases the release of a hormone called cortisol, which is currently being investigated as the link to miscarriage, preterm labour, and unfortunate pregnancy outcomes," says Brown.

The moral of this story (and you don't need a medical study to prove it): If you're a father-to-be, don't cheat on your wife!

How to deal

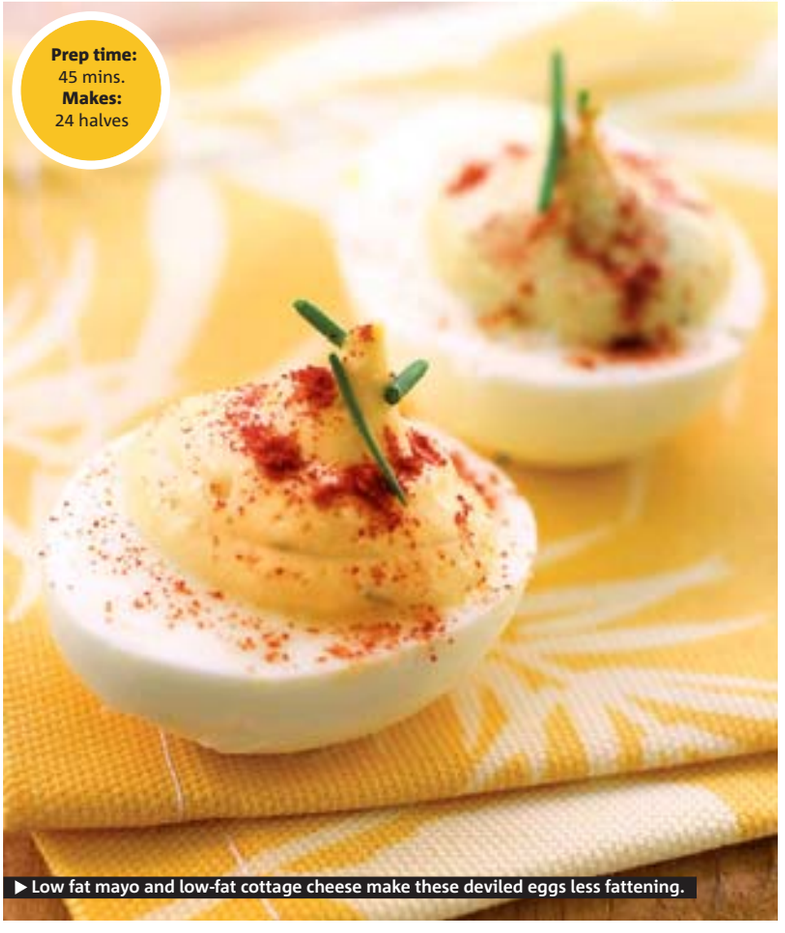
Feeling stressed during pregnancy? Here are some tips seen in Expectancy 411.

1. Remember your hormone levels are elevated, so situations you may have been able to handle before may now overwhelm you.
2. Do activities that have traditionally decreased your stress levels: yoga, meditation, acupuncture.
3. Read a pregnancy book you trust, and call your doctor if anything seems wrong. No use stressing about your stress.

The not-so-sinful deviled eggs

This healthy version of the summer picnic and barbecue staple makes it more angelic than devilish

MATTHEW MEAD/ THE ASSOCIATED PRESS



▶ Low fat mayo and low-fat cottage cheese make these deviled eggs less fattening.

Devilled eggs are a classic accompaniment to summer picnics and barbecues. But they generally are loaded with fat and calories from the egg yolks and mayonnaise.

We set out to remake the filling to be flavourful, yet pack significantly less guilt.

Egg yolks do have great nutritional value; the majority of an egg's vitamins and minerals are actually found in the yolk. But along with those nutrients are plenty of fat and cholesterol.

To lower the fat and cholesterol but keep the luscious flavour, we opted to use just some of the yolks.

For the creaminess associated with mayonnaise, we use a combination of low-fat mayonnise and pureed low-fat cottage cheese.

The cottage cheese may sound a little off-putting, but it's a great trick for when you need something thick, creamy and low-fat.

With a relatively neutral flavour, it can be combined with other ingredients, such as fresh herbs, to be used in place of mayonnaise, even as a sandwich spread.

Ingredients:

- 12 large eggs
- Ice
- 125 ml (1/2 cup) low-fat cottage cheese
- 45 ml (3 tbsp) low-fat mayonnaise
- 15 ml (1 tbsp) Dijon mustard
- 10 ml (2 tsp) cider vinegar
- 15 ml (1 tbsp) prepared horseradish
- 15 ml (1 tbsp) sweet pickle relish
- Salt and ground black pepper, to taste
- Fresh chives, to garnish
- Smoked paprika, to garnish

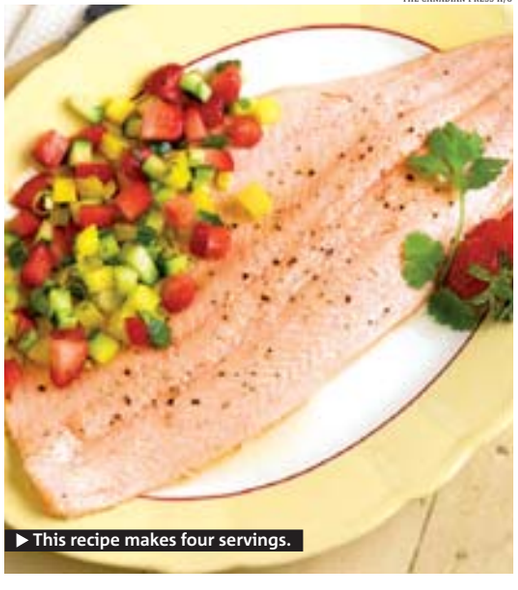
Preparation:

1. Place eggs in a large saucepan and fill with cool water. Cover pan and bring to a boil over medium-high heat. Remove pan from heat and let sit for 15 minutes. Drain hot water, leaving eggs in pan. Fill pan with cold water and a cup of ice. Let eggs cool completely.
2. Meanwhile, in a food processor, combine cottage cheese, mayonnaise, mustard, vinegar and horseradish. Purée until smooth. Set aside.
3. Peel eggs but keep them intact. Slice eggs in half lengthwise. Retain egg whites. Discard half of the yolks.
4. In a medium bowl, mash remaining yolks. Add puréed dressing mixture and relish. Stir to combine, then season with salt and black pepper. Using a pastry bag or a zip-close bag with the corner cut off, or using a spoon, refill wells in the egg whites. Garnish tops with a sprinkle of smoked paprika and some chopped chives.

THE ASSOCIATED PRESS

Trout gets colour treatment

THE CANADIAN PRESS H/O



▶ This recipe makes four servings.

Ingredients:

- Half greenhouse sweet yellow pepper, finely diced
- Half greenhouse cucumber (unpeeled), finely diced
- 50 ml (1/4 cup) sliced green onions
- 30 ml (2 tbsp) chopped fresh coriander
- 30 ml (2 tbsp) rice vinegar
- 15 ml (1 tbsp) vegetable oil
- Salt and pepper, to taste
- 375 ml (1 1/2 cups) strawberries, hulled and diced

Fish

- 1 kg (2 lb) rainbow trout fillets (with skin)
- Salt and pepper, to taste

Preparation:

1. In bowl, stir yellow pepper, cucumber, onions and coriander. In a small bowl, whisk vinegar, oil, salt and pepper; pour over vegetables and stir to coat. Cover and refrigerate for at least 1 hour. Before serving, stir in strawberries.
2. Fish: Brush trout with oil; sprinkle with salt and pepper. Place fillets, skin side down, on greased grill over low heat; close lid and cook until fish is opaque and flakes easily when tested with a fork, about 15 minutes. Do not turn. Insert spatula between skin and flesh, removing flesh and leaving skin on grill. (When grill cools, it will come off easily.) Serve with salsa.

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▶ Harvesting your own food can help save money.

Gardening economics

Rising food prices, food safety concerns keep gardening boom going

Many of the millions of North Americans who turned to gardening to save money during the recession appear to be sticking with it during the recovery as food prices remain high and interest in safe, fresh and local food grows nationwide.

Forty-three million U.S. households planned to grow at least some of their own food in 2009, a 19 per cent increase from the estimated 36 million who did the year before, said the National Gardening Association, citing the most recent figures available. Spending on food gardening — including growing vegetables, fruit trees, berries and herbs — jumped 20 per cent in one year to $3 billion in 2009 and stayed at that level last year, said Bruce Butterfield, research director for the non-profit association.

"It's a perfect storm for food gardening," Butterfield said, noting the downturn coincided with growing interest nationwide in eating locally produced food.

While the recession started in December 2007, he said the economy really "tanked" at the end of 2008, fuelling the gardening boom the following year. Butterfield said he expects the trend to continue with the U.S. Department of Agriculture's switch from a food pyramid representing its nutritional guidelines to a plate encouraging people to eat more fruits and vegetables, and people spending more time at home, either because they're unemployed or avoiding expensive vacations.

"A lot of folks, I think they kind of look at the evening news or read the paper or read something online, saying 'Jesus, this world is out of control and I can't have any influence on what happens out there but, by God, I can control what happens in my backyard,'" he said.

Seed supplier W. Atlee Burpee & Co. said its sales of vegetable seeds and starter plants have jumped substantially in the past several years, with 30 per cent growth in 2009.

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HOW TO ASSIST INJURED WILDLIFE

Recently I found a baby bird struggling on the ground. I wasn't sure if I should save it from neighbourhood cats or if a human scent would bother the parents? I left it alone.
Brendan of Winnipeg

QUEEN OF GREEN

LINDSAY COULTER
GREEN@METRONEWS.CA

Sounds like a young fledgling if it was a baby bird with feathers, not naked. You did the right thing.

Fledglings often fall from their nests when learning how to fly.

They can spend up to a day or two on the ground.

They're best left alone because the parents are probably keeping a close watch nearby.

If you heard chirping coming from the trees, that was likely mom and dad cheering it on from the rafters!

If you think a baby bird is in danger from prowling cats or speeding cars, put it back in the nest. And don't worry. Unlike with baby mammals, your scent won't bother the parents.

Can't find the nest and not sure if it's truly orphaned? In this case, it's best to call your local wildlife rescue or rehabilitation centre.

Generally, if you come across a sick or injured wild animal, it's recommended you don't try to capture it.

And don't pet or talk to the animal either.

That just creates more stress. Instead, call the closest wildlife rehabilitation facility.

David Suzuki Foundation

One career for a lifetime?

The film Larry Crowne paints a picture of a man who's forced to pursue an entirely different career path after losing his job ◗ He heads back to college and rediscovers himself ◗ What if you had the choice to start again? ◗ Former Associated Press journalist Jessica Mintz explains how, and why, she made the decision to start over

CONTRIBUTED

▶ Tom Hanks plays Larry Crowne, a man who undergoes a mid-life personal reinvention.

We all have those moments: The alarm goes off, and we think, "Do I really have to go to work today?"

Most of the time, reason and routine win. We dismiss the thought, hop out of bed, hit the shower, have a coffee and merge into the morning commute.

Sometimes, though, we stop and really consider the question. Maybe we're burned out or unhappy with the job. Maybe we had abandoned a childhood dream or found a new passion along the way. And thanks to luck, financial planning and the support of loved ones – or maybe just a high tolerance for risk – we realize: Quitting is an option.

When I tell people I quit my job as a reporter for The Associated Press to become a veterinarian – that I am taking the first of a zillion pre-vet science classes in a plan that now extends into the year 2020 – many say they wish they could take that plunge.

I think the reason so many don't is that it's painful to admit we made a mistake. And quitting, well, isn't that just another word for failing?

In my case, my experience with animals was limited to childhood pets: a goldfish, two small lizards and a hermit crab. Recently, however, I adopted a mutt from the shelter and started volunteering there. When she was hurt in an accident, I spent a lot of time talking to surgeons and rehab specialists. That's when the idea of ditching the career I had pursued for more than a decade took hold.

I found countless reasons to doubt my motives. Was I mistaking the pleasure of a new hobby for a calling? Would I be trading the petty complaints about one job for similar gripes about another?

Changing careers is not uncommon, as it turns out; Americans typically do it five to seven times in their lives, and increasingly, they are seeking more meaningful work, said Kimberly Key, president of the National Employment Counseling Association.

"You didn't see this 25 to 50 years ago. People weren't trying to have meaningful careers. They were trying to focus on family, survive, and take care of the next generations," Key said. "As we evolved as a society, in our thirst for work, to survive, to grow, to be the best, to compete in the world, we lost something."

There also is an ongoing shift in the type of jobs available, from full-time positions to contract ones. Jobs that offer lifelong security and benefits are becoming endangered, Key said. Rather than see this as a negative, though, she thinks that accepting it can remove the stress and shame of changing careers.

Take AnneMette Lavery, who after 12 unhappy years as a health-care analyst joined the Foreign Service and was posted to Beijing, only to realize it made her miserable. What she eventually found she loved was teaching yoga, and she formed a new plan to become an instructor.

To pursue her calling, she had to give up something she always valued: financial independence. Thanks to support from her husband, she now teaches yoga part-time in Pinehurst, N.C., and plans to move to a larger city where she can expand her business soon.

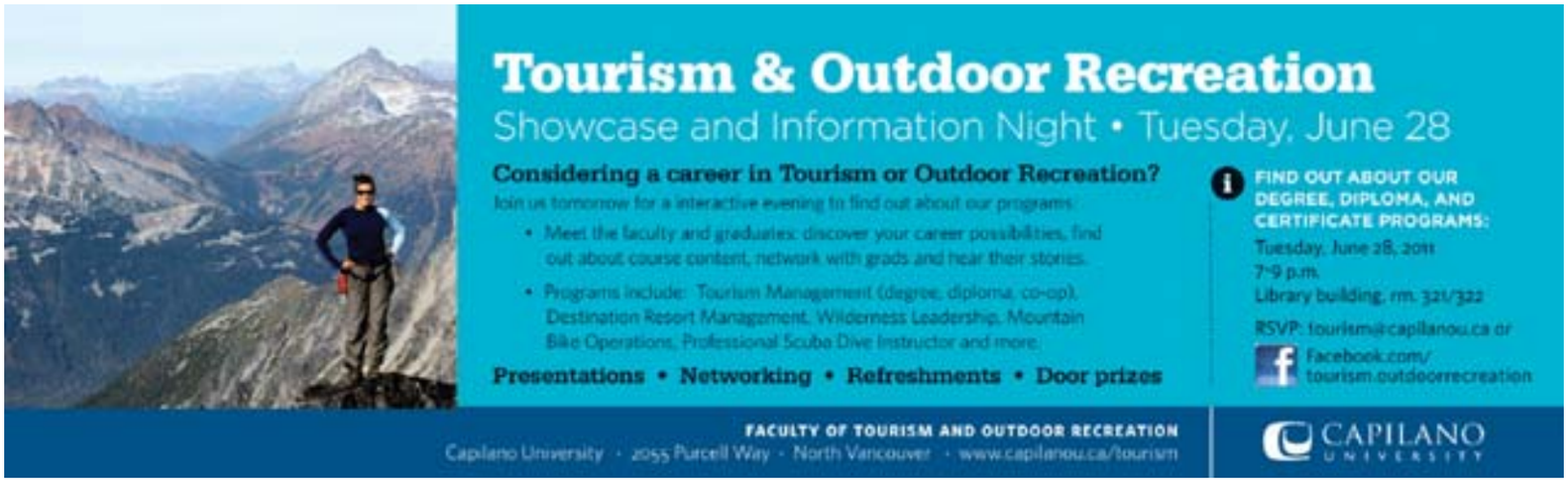
"This job is the only job I have ever had in my life that I actually like, not to mention love," said Lavery.

THE ASSOCIATED PRESS

Taking the leap

When Pamela Bleisch landed a dream tenure-track job at Boston University, she found herself feeling isolated, drowning under pressure to publish. So she got a graduate degree in library sciences instead. Her advice to others contemplating a big leap?

Take a personality test early in your career. Bleisch took one when she already wasn't happy teaching and learned that as an introvert, she needed more time alone. Knowing that might have helped her stay in teaching longer, because she might have planned for more time alone.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5 hot career paths

Which job will catch you some serious cash? Social media, health care, IT offer bright outlooks

ISTOCK

▶ These five fast-growing jobs may be of interest to a mixture of new grads and second-career seekers.

If you've been fantasizing about becoming a farmer or rancher, time to pick another daydream. No other occupation category had a bigger decline, according to the U.S. Bureau of Labor Statistics.

Twitter strategist or massage therapist? Now you're talking.

The acceleration of the digital revolution, changes in consumer habits and an aging population are continuing to reshape the job market, employment projections by the BLS and other experts suggest.

A million new jobs are forecast to be created by 2018 – good news for fresh-out-of-college grads as well as older adults looking for new lines of work. Here are five fast-growing jobs that may be of interest to a mixture of new grads and second-career seekers.

Social media strategist

The social media field is starting to take off, jobwise, as companies embrace a new type of marketing. Recent college grads have the edge as employers seek members of the younger generation to help target that demographic.

Monica Wilson of Dartmouth College's career services office says she's seeing all kinds of job titles that emerged only recently: social media strategist, consultant, manager, director.

Outsiders may titter at "Twitter consultant," but it's a valued role for people who are knowledgeable about social media, adept at evaluating options and able to map out a customized social media plan for a company.

Massage therapist

Massage is a young industry that's growing by leaps and bounds as more people learn about the benefits of massage therapy. It's used to treat ailments, reduce stress, rehabilitate sports injuries and promote general health.

Therapists typically work 25 to 30 hours a week working in a chiropractor's office, a spa or a freestanding therapy business. It's physically and mentally demanding work, but job prospects are bright, the occupation lends itself to part-time and self-employed work, and training is affordable.

Accountant

Forget the green eyeshades stereotype. Accountants now do everything from audits and budgets to financial planning and analysis to advising companies as they create new products and services.

"The (old) role of counting the beans and vouching for the integrity of financial statements is just the minimum now," says Jeff Thomson, CEO of the Institute of Management Accountants.

IT professional

Despite some layoffs and outsourcing of domestic jobs, work in the computer and IT-related fields continues to expand rapidly with no end in sight.

No IT occupation is hotter than network systems and data communications specialist. U.S. government projections identified it as the No. 2 job in terms of expected growth over the coming decade, behind biomedical engineer.

Other booming IT occupations include computer software engineer, computer and information research scientist, network and computer systems administrator, and computer systems analyst.

Caregiver for seniors

Jobs in senior care pay far less at $10 to $12 an hour than those of registered nurses and physician assistants, two of the most in-demand jobs in health care. But they are much easier to qualify for.

Caregivers enable seniors to stay in their homes by assisting them with dressing, shopping, housekeeping, meal preparation, bathing and errands. They can get the required training to become a certified nurse's aide or home health aide through community colleges or other accredited programs.

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Transforming tragedy into triumph

After a tragic loss, Sam Bouji dedicated himself to helping others The result is a highly successful business

Sam Bouji arrived from Egypt in 1989 with a young family and big hopes for the future.

In Canada for only a year, the Bouji family suffered a tragic loss when their four-year-old daughter drowned in a swimming pool accident. Sam was devastated but realized he had to change his life if he were to save his family."I will never forget but I had to move forward."

Sam threw himself into work with a vengeance, starting his own sales agency in his basement, amassing a huge salesforce and eventually establishing Global Education Marketing Corp.

Today, his company services 250,000 clients, but his proudest achievement is the 15,000 young people who have graduated from university and college with no debt.

"It brings me so much joy when I see my employees helping others and making changes in other people's lives."

TURNING POINT

TERESA KRUZE
LIFE@METRONEWS.CA

Sam Bouji's story is a triumph over tragedy and a true testament to the power of the human spirit.

"The older I get the more productive and wiser I become. I'm not retiring until 2053. That's the year I turn 100!"

Sam's advice

- Come up with a plan, be patient and always persevere.
- People who think they can outsmart others in life will not make it.
- Help others achiever their goals.
- Have a peaceful life.

SUBMITTED

▶ Sam Bouji, chairman and CEO of Global Education Marketing Corp.

CONTACTS

JOB AVAILABLE:
FIELD MANAGER

All Applicants please reply to:
Michele Lown
or via
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Lions look to restore their pride

Frustrated by back-to-back mediocre seasons that tarnished the organization's reputation and discouraged the players, a rejuvenated B.C. Lions team has promised a renewed commitment to winning in 2011.

"I was on this team when we were really, really good," said veteran slotback Geroy Simon. "We took a little bit of a downturn the last couple of years.

"Right now, it seems like we are back on that upswing. We are going to do it with guys who are really focused on football."

With the 99th Grey Cup being hosting at a refurbished B.C. Place Stadium this November, the Lions are anxious to improve the 8-10 records they've fashioned the last two CFL seasons.

The team's different attitude isn't just reflected by the personnel brought to camp, said Simon. It's shown in the players let go by Wally Buono, the Lions coach and general manager.

"Wally is trying to get rid of the guys who aren't on-page with winning," said Simon. "We're here to play football. We're here to win football games and try to win a championship.

"That's what he's all about now. I think he got rid of players who were not on board with that."

The house cleaning began last season when Buono released quarterback Casey Printers, who never demonstrated the talent or leadership the Lions expected.

B.C. staggered out of the gate in 2010 with a horrible 1-7 start. The team finally found its feet and sprinted to a 7-3 finish to grab a playoff spot. The Lions lost in overtime to the Saskatchewan Roughriders in the West semifinal.

Buono hopes the Lions pick up this summer where they left off last fall.

"We ended off with a good football team," said Buono.

"If we can start as a good football team, then I think we have a better opportunity to be a better football team."

THE CANADIAN PRESS

GERO BRELOER/THE ASSOCIATED PRESS

▶ Canada's Christine Sinclair scores with a free kick against Germany yesterday.

A goal, but no win

Christine Sinclair gets ball into German net, but Canadians drop World Cup opener 2-1 to two-time defending champions

GERMANY	CANADA
2	1

She busted her nose and then bent it like Beckham. And then simply for effect, Canada's star striker Christine Sinclair blew a kiss to her coach.

Sporting a crooked nose and a well-deserved black captain's armband, Sinclair scored Canada's lone goal on a lovely bending free kick yesterday as the sixth-ranked Canadians opened the 2011 Women's World Cup with a 2-1 loss to two-time defending champion Germany.

"That's Sinky," said Canadian striker Melissa Tancredi. "She plays through anything, which is what a captain should do."

Sinclair's goal in the 82nd minute — No. 117 of her illustrious career — marked the first the mighty German side had conceded in a World Cup tournament since 2003. It also came 34 minutes after Canada's powerful five-foot-nine striker was knocked to her knees, plowed in the face by an elbow from Babett Peter.

"I looked at (Sinclair) — she takes the front post on corners — and thought, 'Oh my. Her nose is like a big zig-zag,'" said Canada's goalkeeper Erin Mcleod. "I said, 'Do you really want to still be here?' And she said, 'Yeah, I got it.'

"She's tough. She wears the armband for a reason."

The 28-year-old Sinclair was down on all fours on the Olympiastadion grass for several minutes after the harsh blow, for which no foul was given, and then was helped to the sidelines where she argued with a Canadian medical official to let her go back into the game. She swatted away his hand and said, "I'm fine. Don't touch me."

Canada's coach Carolina Morace was advised to pull her out of the game, the medical official bending Sinclair's nose to display the damage. But the Burnaby native was back in the game moments later, and Morace has no doubt her gutsy captain will be back on the pitch Thursday when the Canadians take on France.

"What do you think? If she played today with the nose broken, do you think I can take her off the field next time?" the Italian coach said with a laugh.

Sinclair was sent to a nearby Berlin hospital immediately after the game, and Morace said she'll likely wear a protective mask in the next game.

"It doesn't look the prettiest right now," Tancredi said, with a giggle.

THE CANADIAN PRESS

Inglorious captures plate

The girl showed yesterday she's not only capable of running with the boys, she can beat them, too.

Sitting 10th through three-quarters of a mile, Inglorious showed a fabulous late kick to capture an impressive 2½-length win in the $1-million Queen's Plate. Inglorious became just the 34th filly and first in 10 years to capture the first jewel of Canada's Triple Crown and earn trainer Josie Carroll her second career victory.

$1.2M
Inglorious's career earnings after winning five of her seven career starts.

Carroll became the first female trainer to win the Queen's Plate in 2006, that coming with Edenwold. Carroll said winning a second with a filly was indeed special.

"You can't compare them, they're both wonderful in their own way," she said. "It's very special but you never forget your first, either." THE CANADIAN PRESS

DARREN CALABRESE/THE CANADIAN PRESS

▶ Inglorious

4 sports

Quoted

"I see myself as a power forward, a goal-scorer that protects the puck well and creates chances."

DANISH FORWARD NICKLAS JENSEN, AFTER BEING PICKED 29TH OVERALL BY THE CANUCKS ON FRIDAY. THE 18-YEAR-OLD ROOKIE HAD 58 POINTS (29 GOALS, 29 ASSISTS) IN 61 GAMES WITH THE OSHAWA GENERALS OF THE ONTARIO HOCKEY LEAGUE LAST SEASON.

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MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION	W	L	Pct	GB
New York	45	31	.592	—
Boston	45	32	.584	½
Tampa Bay	44	34	.564	2
Toronto	39	39	.500	7
Baltimore	35	40	.467	9½

CENTRAL DIVISION	W	L	Pct	GB
Detroit	42	36	.538	—
Cleveland	40	36	.526	1
Chicago	38	41	.481	4½
Kansas City	33	45	.423	9
Minnesota	32	44	.421	9

WEST DIVISION	W	L	Pct	GB
Texas	41	38	.519	—
Los Angeles	39	40	.494	2
Seattle	38	39	.494	2
Oakland	35	44	.443	6

NATIONAL LEAGUE

EAST DIVISION	W	L	Pct	GB
Philadelphia	49	30	.620	—
Atlanta	44	35	.557	5
Washington	40	38	.513	8½
New York	39	39	.500	9½
Florida	34	43	.442	14

CENTRAL DIVISION	W	L	Pct	GB
Milwaukee	44	35	.557	—
St. Louis	41	38	.519	3
Pittsburgh	39	38	.506	4
Cincinnati	40	39	.506	4
Chicago	31	46	.403	12
Houston	28	51	.354	16

WEST DIVISION	W	L	Pct	GB
San Francisco	44	34	.564	—
Arizona	43	36	.544	1½
Colorado	38	39	.494	5½
Los Angeles	35	44	.443	9½
San Diego	34	45	.430	10½

Yesterday's result
San Diego 4 Atlanta 1
Saturday's result
Atlanta 10 San Diego 1
Today's game
Colorado (Chacin 8-4) at Chicago Cubs (Garza 3-6), 2:20 p.m.
Tomorrow's games
San Francisco at Chicago Cubs, 2:20 p.m., 1st game
San Francisco at Chicago Cubs, 8:05 p.m., 2nd game

INTERLEAGUE

Yesterday's results
Detroit 8 Arizona 3
Boston 4 Pittsburgh 2
Baltimore 7 Cincinnati 5
Philadelphia 3 Oakland 1
N.Y. Yankees 6 Colorado 4
Tampa Bay 14 Houston 10
Kansas City 6 Chicago Cubs 3
Milwaukee 6 Minnesota 2
Washington 2 Chicago White Sox 1
Toronto 5 St. Louis 0
N.Y. Mets 8 Texas 5
L.A. Dodgers 3 L.A. Angels 2
San Francisco 3 Cleveland 1
Seattle at Florida
Saturday's results
N.Y. Yankees 8 Colorado 3
San Francisco 1 Cleveland 0
L.A. Angels 6 L.A. Dodgers 1
N.Y. Mets 14 Texas 5
Chicago White Sox 3 Washington 0
Detroit 6 Arizona 0
Pittsburgh 6 Boston 4
Cincinnati 10 Baltimore 5
Oakland 4 Philadelphia 1
Tampa Bay 7 Houston 2
Kansas City 3 Chicago Cubs 2
Milwaukee 11 Minnesota 1
Toronto 6 St. Louis 3
Florida 4 Seattle 2
Tonight's games
All Times Eastern
Toronto (Z.Stewart 0-1) at Detroit (Scherzer 9-3), 6:05 p.m.
Cincinnati (Cueto 5-2) at Tampa Bay (Hellickson 7-6), 7:10 p.m.
L.A. Dodgers (Billingsley 6-6) at Minnesota (Blackburn 6-5), 8:10 p.m.
Cleveland (Talbot 2-4) at Arizona (I.Kennedy 8-2), 9:40 p.m.
Kansas City (Francis 3-8) at San Diego (Latos 4-8), 10:05 p.m.
Washington (Lannan 5-5) at L.A. Angels (E.Santana 3-8), 10:05 p.m.
Atlanta (Beachy 2-1) at Seattle (Bedard 4-5), 10:10 p.m.
Tomorrow's games
Boston at Philadelphia, 7:05 p.m.
Milwaukee at N.Y. Yankees, 7:05 p.m.
N.Y. Mets at Detroit, 7:05 p.m.
St. Louis at Baltimore, 7:05 p.m.
Pittsburgh at Toronto, 7:07 p.m.
Cincinnati at Tampa Bay, 7:10 p.m.
Texas at Houston, 8:05 p.m.
L.A. Dodgers at Minnesota, 8:10 p.m.
Chicago White Sox at Colorado, 8:40 p.m.
Cleveland at Arizona, 9:40 p.m.
Florida at Oakland, 10:05 p.m.
Kansas City at San Diego, 10:05 p.m.
Washington at L.A. Angels, 10:05 p.m.
Atlanta at Seattle, 10:10 p.m.

NHL

2011 DRAFT SELECTIONS

At St. Paul, Minn.
SATURDAY
Second Round
31. Edmonton, David Musil, D, Vancouver (WHL); 32. St. Louis (from Colorado), Ty Rattie, RW, Portland (WHL); 33. Florida, Rocco Grimaldi, C, USA U-18 (USHL); 34. N.Y. Islanders, Scott Mayfield, D, Youngstown (USHL); 35. Detroit (from Ottawa), Tomas Jurco, RW, Saint John (QMJHL); 36. Chicago (from Winnipeg), Adam Clendening, D, Boston University (Hockey East); 37. Columbus, Boone Jenner, C, Oshawa (OHL); 38. Nashville (from New Jersey), Magnus Hellberg, G, Almtuna (Sweden-2); 39. Anaheim (from Toronto), John Gibson, G, USA U-18 (USHL); 40. Boston (from Minnesota), Alexander Khokhlachev C/LW, Windsor (OHL).
41. St. Louis, Dmitrij Jaskin, RW, Slavia (Czech Republic); 42. Carolina, Victor Rask, C, Leksand (Sweden-2); 43. Chicago (from Calgary through Toronto), Brandon Saad, LW, Saginaw (OHL); 44. Dallas, Brett Ritchie, RW, Sarnia (OHL); 45. Calgary (from N.Y. Rangers), Markus Granlund, C, HIFK Jr. (Finland-Jr.); 46. St. Louis (from Buffalo), Joel Edmundson, D, Moose Jaw (WHL); 47. San Jose (from Montreal through Florida), Matthew Nieto, LW, Boston University (Hockey East); 48. Detroit (from Chicago), Xavier Ouellet, D, Montreal (QMJHL); 49. Los Angeles, Christopher Gibson, G, Chicoutimi (QMJHL); 50. N.Y. Islanders (from Montreal), Johan Sundstrom, C, Frolunda (Sweden).
51. Phoenix, Alexander Ruuttu, C, Jokerit Jr. (Finland-Jr.); 52. Nashville, Miikka Salomaki, RW, Karpat (Finland); 53. Anaheim, William Karlsson, C, Vasteras Jr. (Sweden-Jr.); 54. Pittsburgh, Scott Harrington, D, London (OHL); 55. Detroit, Ryan Sproul, D, Sault Ste. Marie (OHL); 56. Phoenix (from Philadelphia), Lucas Lessio, LW, Oshawa (OHL); 57. Calgary (from Washington through Carolina and N.Y. Rangers), Tyler Wotherspoon, D, Portland (WHL); 58. Tampa Bay, Nikita Kucherov W, CSKA 2 (Russia-Jr.); 59. Florida (from San Jose), Rasmus Bengtsson, D, Rogle (Sweden-2); 60. Minnesota (from Vancouver), Mario Lucia, LW, Wayzata (Minn.) HS.
61. Ottawa (from Boston), Shane Prince, C, Ottawa (OHL).

TENNIS

WIMBLEDON

At London
Saturday's results
MEN
Singles — Third Round
Rafael Nadal (1), Spain, def. Gilles Muller, Luxembourg, 7-6 (6), 7-6 (5), 6-0.
Novak Djokovic (2), Serbia, def. Marcos Baghdatis (32), Cyprus, 6-4, 4-6, 6-3, 6-4.
Roger Federer (3), Switzerland, def. David Nalbandian (28), Argentina, 6-4, 6-2, 6-4.
Bernard Tomic, Australia, def. Robin Soderling (5), Sweden, 6-1, 6-4, 7-5.
Tomas Berdych (6), Czech Republic, def. Alex Bogomolov, Jr., U.S., 6-2, 6-4, 6-3.
David Ferrer (7), Spain, def. Karol Beck, Slovakia, 6-4, 6-3, 6-3.
Lukasz Kubot, Poland, def. Gael Monfils (9), France, 6-3, 3-6, 6-3, 6-3.
Mardy Fish (10), U.S., def. Robin Haase, Netherlands, 6-3, 6-7 (5), 6-2, 1-1, retired.
Xavier Malisse, Belgium, def. Jurgen Melzer (11), Austria, 7-6 (5), 6-3, 6-0.
Jo-Wilfried Tsonga (12), France, def. Fernando Gonzalez, Chile, 6-3, 6-4, 6-3.
Juan Martin del Potro (24), Argentina, def. Gilles Simon (15), France, 7-6 (8), 7-6 (5), 7-5.
Mikhail Youzhny (18), Russia, def. Nicolas Almagro (16), Spain, 4-6, 6-3, 7-6 (3), 6-3.
Michael Llodra (19), France, def. Yen-hsun Lu, Taiwan, 6-3, 6-3, 6-1.
Doubles — First Round
Bob and Mike Bryan (1), U.S., def. Maximo Gonzalez, Argentina, and Potito Starace, Italy, 6-3, 6-3.
Chris Guccione, Australia, and **Adil Shamasdin, Pickering, Ont.**, def. Mark Knowles, Bahamas, and Lukasz Kubot (10), Poland, 1-6, 7-6 (5), 6-4.
Grigor Dimitrov, Bulgaria, and Dmitry Tursunov, Russia, def. Flavio Cipolla and Paolo Lorenzi, Italy, 6-3, 6-4.
Alex Bogomolov, Jr., U.S., and Ivo Karlovic, Croatia, def. Jonathan Erlich and Andy Ram, Israel, To Finish 7-6 (2), 7-6 (2), 6-4.
Second Round
Kevin Anderson, South Africa, and Julian Knowle, Austria, def. Max Mirnyi, Belarus, and **Daniel Nestor (2), Toronto**, 7-6 (2), 7-6 (7), 6-3.
Arnaud Clement, France, and Lukas Dlouhy, Czech Republic, def. Mahesh Bhupathi and Leander Paes (3), India, 2-6, 6-3, 7-6 (1), 6-4.
Robert Lindstedt, Sweden, and Horia Tecau (8), Romania, def. Julien Benneteau and Nicolas Mahut, France, 6-4, 6-4, 5-7, 7-6 (4).
Wesley Moodie, South Africa, and Dick Norman (11), Belgium, def. Jamie Delgado and Jonathan Marray, Britain, 4-6, 7-6 (5), 7-6 (6), 6-2.
Juan Ignacio Chela and Eduardo Schwank (12), Argentina, def. Matthias Bachinger and Frank Moser, Germany, 6-2, 7-6 (4), 6-7 (5), 6-7 (6), 6-3.
Christopher Kas, Germany, and Alexander Peya, Austria, def. Marcelo Melo and Bruno Soares (13), Brazil, 6-7 (2), 6-1, 6-4, 6-2.
James Cerretani, U.S., and Philipp Marx, Germany, def. Daniele Bracciali, Italy, and Frantisek Cermak (16), Czech Republic, 4-6, 7-5, 7-6 (5), 6-4.
WOMEN
Singles — Third Round
Caroline Wozniacki (1), Denmark, def. Jarmila Gajdosova (27), Australia, 6-3, 6-2.
Maria Sharapova (5), Russia, def. Klara Zakopalova, Czech Republic, 6-2, 6-3.
Tamira Paszek, Austria, def. Francesca Schiavone (6), Italy, 3-6, 6-4, 11-9.
Serena Williams (7), U.S., def. Maria Kirilenko (26), Russia, 6-3, 6-2.
Marion Bartoli (9), France, def. Flavia Pennetta (21), Italy, 5-7, 6-4, 9-7.
Dominika Cibulkova (24), Slovakia, def. Julia Goerges (16), Germany, 6-4, 1-6, 6-3.
Petra Cetkovska, Czech Republic, def. Ana Ivanovic (18), Serbia, 6-3, 7-6 (0).
Peng Shuai (20), China, def. Melinda Czink, Hungary, 6-2, 7-6 (5).
Sabine Lisicki, Germany, def. Misaki Doi, Japan, 6-4, 6-2.
Doubles — First Round
Bethanie Mattek-Sands and Meghann Shaughnessy (5), U.S., def. Lourdes Dominguez Lino and Laura Pous-Tio, Spain, 7-6 (1), 7-5.
Peng Shuai and Zheng Jie (8), China, def. Akgul Amanmuradova, Uzbekistan, and Alexandra Panova, Russia, 4-6, 6-4, 6-3.
Tsvetana Pironkova, Bulgaria, and Chanelle Scheepers, South Africa, def. Julia Goerges, Germany, and Maria Kirilenko (9), Russia, 6-2, 5-7, 6-4.
Iveta Benesova and Barbora Zahlavova Strycova (10), Czech Republic, def. Kristina Barrois and Anna-Lena Groenefeld, Germany, 5-7, 7-5, 6-4.
Daniela Hantuchova, Slovakia, and Agnieszka Radwanska (13), Poland, def. Sandra Klemenschits and Tamira Paszek, Austria, 6-3, 6-2.
Olga Govortsova, Belarus, and Alla Kudryavtseva (16), Russia, def. Anne Keothavong and Laura Robson, Britain, 7-5, 6-2.
Sophie Lefevre, France, and Evgeniya Rodina, Russia, def. Jocelyn Rae and Heather Watson, Britain, 6-4, 6-4.
Sara Errani and Roberta Vinci, Italy, def. Shuko Aoyama and Rika Fujiwara, Japan, 3-6, 6-2, 6-3.
Marina Erakovic, New Zealand, and Tamarine Tanasugarn, Thailand, def. Klaudia Jans and Alicja Rosolska, Poland, 3-6, 6-2, 6-3.
Kimiko Date-Krumm, Japan, and Zhang Shuai, China, def. Flavia Pennetta and Francesca Schiavone, Italy, 6-3, 2-6, 6-4.
Second Round
Kveta Peschke, Czech Republic, and Katarina Srebotnik (2), Slovenia, def. Jarmila Gajdosova, Australia, and Klara Zakopalova, Czech Republic, 6-3, 6-1.
Vera Dushevina and Ekaterina Makarova, Russia, def. Maria Jose Martinez Sanchez and Anabel Medina Garrigues (11), Spain, 6-3, 6-4.

CFL

REGULAR SEASON

All Times Eastern

WEEK ONE
Thursday, June 30
B.C. at Montreal, 7:30 p.m.
Friday, July 1
Winnipeg at Hamilton, 6 p.m.
Toronto at Calgary, 9 p.m.
Sunday, July 3
Edmonton at Saskatchewan, 7 p.m.

WEEK TWO
Friday, July 8
Toronto at Winnipeg, 7:30 p.m.
Calgary at B.C., 10:30 p.m.
Saturday, July 9
Montreal at Saskatchewan, 4 p.m.
Hamilton at Edmonton, 7 p.m.

WEEK THREE
Thursday, July 14
Calgary at Winnipeg, 8 p.m.
Friday, July 15
Toronto at Montreal, 7:30 p.m.
Saturday, July 16
Saskatchewan at Hamilton, 4 p.m.
B.C. at Edmonton, 7 p.m.

GOLF

PGA TRAVELERS CHAMPIONSHIP

At Cromwell, Conn.
Par 70
Final Round
(a — amateur)

Fredrik Jacobson, $1,080,000	65-66-63-66—260
John Rollins, $528,000	65-68-65-63—261
Ryan Moore, $528,000	64-70-64-63—261
Michael Thompson, $288,000	67-65-68-62—262
James Driscoll, $240,000	69-64-64-67—264
Kevin Streelman, $201,000	66-70-63-66—265
Andres Romero, $201,000	64-67-67-67—265
Bryce Molder, $201,000	65-66-64-70—265
Tom Gillis, $156,000	66-69-66-65—266
Brian Davis, $156,000	65-67-68-66—266
John Merrick, $156,000	67-66-66-67—266
Blake Adams, $156,000	66-66-66-68—266
Bo Van Pelt, $112,500	66-65-69-67—267
Brendan Steele, $112,500	68-64-67-68—267
Nick Watney, $112,500	65-65-68-69—267
Webb Simpson, $112,500	66-65-67-69—267
David Toms, $78,514	69-66-69-64—268
Chris Stroud, $78,514	66-69-67-66—268
Heath Slocum, $78,514	70-63-68-67—268
David Mathis, $78,514	67-65-68-68—268
Tommy Gainey, $78,514	66-69-65-68—268
Johnson Wagner, $78,514	65-63-71-69—268
D.J. Trahan, $78,514	69-62-68-69—268
Steve Flesch, $46,425	68-68-70-63—269
Bud Cauley, $46,425	68-67-69-65—269
Zach Johnson, $46,425	65-68-70-66—269
Ian Poulter, $46,425	68-68-66-67—269
Carl Pettersson, $46,425	68-68-65-68—269
Brandt Snedeker, $46,425	70-63-67-69—269
Aaron Baddeley, $46,425	67-67-66-69—269
J.J. Henry, $46,425	68-67-65-69—269
a-Patrick Cantlay	67-60-72-70—269
Also	
David Hearn, $27,000	**66-67-70-68—271**

WEGMAN'S LPGA CHAMPIONSHIP

At Pittsford, N.Y.
Par 72 — Final Round

Yani Tseng, $375,000	66-70-67-66—269
Morgan Pressel, $228,695	69-69-70-71—279
Suzann Pettersen, $132,512	72-72-69-67—280
Paula Creamer, $132,512	67-72-72-69—280
Cristie Kerr, $132,512	72-72-67-69—280
Meena Lee, $77,630	68-73-70-71—282
Stacy Lewis, $77,630	69-72-70-71—282
Maria Hjorth, $53,840	71-71-70-71—283
Pat Hurst, $53,840	70-67-75-71—283
Mika Miyazato, $53,840	72-72-68-71—283
Azahara Munoz, $53,840	70-71-71-71—283
Also	
Lorie Kane, $6,249	**73-72-73-74—292**

NATIONWIDE MEXICO OPEN

At Leon, Mexico
Par 72 — Final Round

Erik Compton, $126,000	68-70-68-65—271
Richard H. Lee, $75,600	68-69-67-69—273
Will Wilcox, $47,600	69-70-67-68—274
Roberto Castro, $26,390	70-66-74-65—275
James Nitties, $26,390	67-72-68-68—275
Chris Baker, $26,390	69-72-66-68—275
Kyle Thompson, $26,390	69-69-67-70—275
Matthew Giles, $26,390	67-72-65-71—275
Justin Bolli, $19,600	70-71-68-67—276
Casey Wittenberg, $19,600	68-63-76-69—276
Martin Flores, $15,400	72-70-69-66—277
Miguel Angel Carballo, $15,400	73-69-68-67—277

CHAMPIONS DICK'S SPORTING GOODS OPEN

At Endicott, N.Y.
Par 72 — Final Round

John Huston, $262,500	65-70-65—200
Nick Price, $154,000	66-71-66—203
Mark Wiebe, $126,000	65-68-71—204
Jim Gallagher, Jr., $94,500	74-66-65—205
Joey Sindelar, $94,500	68-69-68—205
Peter Senior, $59,500	70-69-67—206
Peter Jacobsen, $59,500	67-71-68—206
Ted Schulz, $59,500	71-67-68—206
Jay Don Blake, $59,500	68-68-70—206
Jim Rutledge, $38,850	**69-71-67—207**
Also	
Rod Spittle, $6,125	**72-70-72—214**

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Philadelphia	16	7	4	5	19	14	26
Columbus	16	6	4	6	20	17	24
New York	17	5	3	9	27	21	24
Houston	17	4	6	7	21	22	19
D.C. United	15	4	5	6	21	27	18
Kansas City	15	4	6	5	19	21	17
Chicago	17	2	4	11	18	21	17
New England	17	3	8	6	13	21	15
Toronto	18	2	7	9	16	29	15

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Los Angeles	19	9	2	8	25	15	35
Dallas	17	9	4	4	24	17	31
Seattle	18	8	4	6	23	16	30
Real Salt Lake	15	7	3	5	18	9	26
Colorado	17	5	5	7	19	21	22
San Jose	15	5	5	5	20	17	20
Portland	15	5	7	3	18	26	18
Chivas USA	16	4	7	5	20	21	17
Vancouver	16	2	7	7	16	22	13

Note: Three points for a win, one for a tie.
Yesterday's results
Columbus 4 Colorado 1
New York 1 Chicago 1
Seattle 2 New England 1
Saturday's results
Kansas City 2 Vancouver 1
Real Salt Lake 3 Toronto 1
Dallas 4 Portland 0
Houston 2 D.C. United 2
Los Angeles 0 San Jose 0
Philadelphia 3 Chivas USA 2
Wednesday's game
All Times Eastern
Vancouver at Toronto, 7:30 p.m.

2011 CONCACAF GOLD CUP

CHAMPIONSHIP
AT PASADENA, CALIF.
Saturday's result
Mexico 4 U.S. 2

NASL

Sunday's result
Edmonton 1 Montreal 0
Saturday's results
Carolina 5 Atlanta 1
Puerto Rico 1 Fort Lauderdale 1
Wednesday's games
All Times Eastern
Tampa Bay at Fort Lauderdale, 7:30 p.m.
Puerto Rico at Montreal, 7:30 p.m.

2011 FIFA WOMEN'S WORLD CUP

Yesterday's results
At Berlin
Germany 2 **Canada 1**
At Sinsheim, Germany
France 1 Nigeria 0
Today's games
All Times Eastern
At Bochum, Germany
Japan vs. New Zealand, 9 a.m.
At Wolfsburg, Germany
Mexico vs. England, 12 noon
Tomorrow's games
At Leverkusen, Germany
Colombia vs. Sweden, 9 a.m.
At Dresden
U.S. vs. South Korea, 12:15 p.m.

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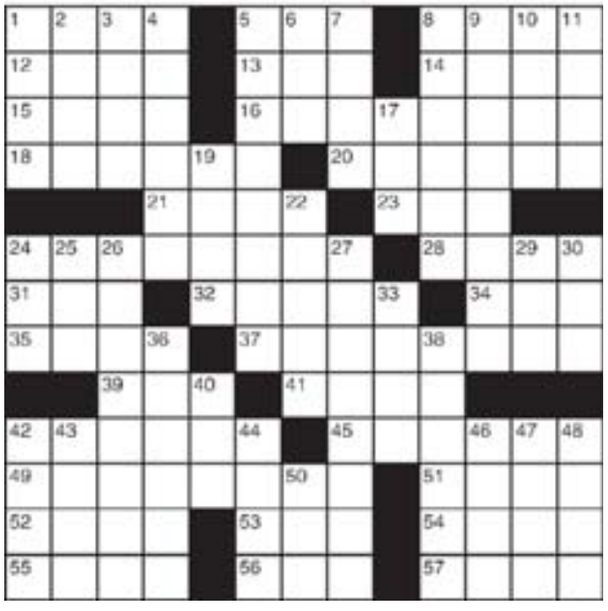
Crossword



Across

1 Forum garb
5 Life story, for short
8 Snake's tooth
12 Grand tale
13 Conclusion
14 Operatic rendition
15 Painter Chagall
16 Being philanthropic
18 Dull indifference
20 Soda-shop treat
21 Dire prophecy
23 Two fives
24 Try
28 Antelope's playmate
31 Meadow
32 Weary
34 Firmament
35 Departed
37 Check beneficiary
39 Dandy
41 Garbage barge
42 Anchored
45 It gets the lead out
49 Ingratiated
51 Staff member?
52 Use a teaspoon
53 Eggs
54 Two-way
55 14-Across, e.g.
56 Apiece
57 Partner in wartime

Down

1 Office part-timer
2 Colorful fish
3 Child without a Y chromosome
4 Give consent
5 2007 film featuring Seinfeld's voice
6 Hostel
7 Probability
8 Was obsequious
9 Sahara-like quality
10 1492 ship
11 "Eleni" author Nicholas
17 See 29-Down
19 Capricorn
22 Early periods
24 Right angle
25 Born
26 Jonquil's cousin
27 Fragrant wood
29 With 17-Down, supplement
30 Deli bread
33 Entrance
36 Matador
38 African nation
40 Carrot companion?
42 Disarray
43 Aware of
44 Let fall
46 "Heart and —"
47 List-ending abbr.
48 Depend (on)
50 First lady

▶ Yesterday's answer

Sudoku

						4	7	
9		8	2	7				
			6	5				8
	7	6					3	9
1								6
5	4					7	1	
2				4	8			
				1	5	6		4
	5	9						

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

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miss you - nothing more to say. **FROM YOURGIRL**

None Bunnz - You are a bunny and I am a vampire. I'm sorry timespace has conspired against us. One day we will be one. **FROM ANDRACULOS**

Lov
lo..agree. looking forward for that evening. take care of yourself 4me. and know that i am only yours. love u and miss u.
FROM SOULMATE

munchkin
sweetpie..the only answer is 2gethernes now. more ...better 4 both - me find date++++time u find place where v can spend an eve 2gether, just th 2 of us//lov u//email???
FROM PIE

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 The more you go out of your way to be nice the more they will go out of their way to be nice to you

♉ Taurus April 21-May 21 Keep important information to yourself today

♊ Gemini May 22-June 21 Mars in your sign gives you the power to make things happen

♋ Cancer June 22-July 22 Promise yourself that whatever happens today you won't get upset about i

♌ Leo July 23-Aug.23 Some people are simply too stupid to understand why you are angry about an issue

♍ Virgo Aug. 24- Sept. 22 It's important that you give those around you the impression that you know what you are doing, even if you are as lost as they are .

♎ Libra Sept. 23-Oct. 23 Don't let your workload get any heavier than it is now

♏ Scorpio Oct. 24-Nov. 22 The approaching solar eclipse in your fellow Water sign of Cancer will kick-start your summer.

♐ Sagittarius Nov. 23-Dec. 21 You can persuade almost anyone to do almost anything for you today

♑ Capricorn Dec. 22-Jan. 20 The emphasis now is very much on joint activities,

♒ Aquarius Jan. 21-Feb. 18 Anyone who is fortunate enough to be in your good books will be left in no doubt at all that they are special.

♓ Pisces Feb. 19-March 20. Both success and failure are there to be learned from.

SALLY BROMPTON

Caption contest

MARK BAKER/ THE ASSOCIATED PRESS

"Doctors document a severe case of tennis elbow" Robbie

MARK KEPPLER/ THE ASSOCIATED PRESS

WIN!

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